

Second-half goals lift Raiders over Timber Wolves



Quinn Jewell of Belmont and Jenna Sykes of Prospect battle for the ball in action Saturday morning.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont girls' soccer team welcomed Prospect Mountain to town on Saturday morning for a Homecoming tilt.

The Raiders and Timber Wolves battled to a scoreless first half before the Raiders were able to slip a couple goals in the net in the second half and held tight for the 2-1

win. Belmont had the game's first corner but couldn't connect, while Prospect's Olivia Noyes had a chance that was stopped by Belmont's Brooke Matthews. Emma Winslow had a good clear for the Raiders and Darc Stone made a good



Prospect's Sarah White tries to move between Belmont's Kate Walker (12) and Emma Winslow in action on Saturday.

run for the girls in red as well. Quinn Jewell had a chance stopped by Prospect keeper Reese Burke and Sarah White made a run at the other end for Prospect, only to see Belmont's Ava Lacasse make a strong defensive stop. Stone made a strong

move on the Prospect defense for a chance, but Burke made the save and Stone also sent a shot wide of the net. Jewell made a run for Belmont as well, but Lani Demers was strong on the defensive side of the ball for the Timber Wolves. Burke also made a save on a

Belmont corner kick chance and Stone sent another shot wide of the net. White sent a shot over the net and Olivia Casale had a good defensive effort for the Timber Wolves. Maddy Neathery made a run for the Timber

SEE **SOCCER**, PAGE A12

Franklin VNA & Hospice to host First Annual Hospice Ball

FRANKLIN — Franklin VNA and Hospice will be hosting their first annual Hospice Ball on Saturday, Nov. 5. It will be held at the Flagship Ballroom at the Chase House in Meredith, NH. The night will include a cocktail hour with a cash bar and appetizers starting at 5pm. A silent auction will begin during cocktail hour and continue throughout the evening allowing guests to peruse the vast array of items available. The seated dinner will start at 6 p.m. After dinner their auctioneer Fred Caruso will take the stage to present exciting live auction items. After the live auction you will dance the night away to the live music of the Club Soda Band. Proceeds from the

Hospice Ball will directly benefit the Hospice Department at Franklin VNA & Hospice for uninsured or underinsured hospice patients and families. Ticket options are \$50 per ticket or reserve an entire table of ten for \$500. Tickets can be purchased through a link on their website at franklinvna.org.

Franklin VNA & Hospice would like to thank their generous sponsors. Thank you; Franklin Savings Bank, Eversource, Pike Industries, Seufert Law Offices, NEEBCo, ProCare HospiceCare, White Water Realty Group, Sharp Enterprises, and Dairy Queen.

You have a choice in your Hospice provider. Choose local. Choose Franklin VNA & Hospice.

Wood & Clay supports Gale School project

BELMONT — Wood & Clay, a local company that specializes in custom home construction and renovations in the Lakes Region, has purchased another \$25,000 in New Hampshire business tax credits to support the redevelopment of the Gale School in Belmont. Just last year, they purchased \$50,000. The project will transform the historic schoolhouse into a community facility that will include on the second floor a new program center for Lakes Region Community Services (LRCS).

Wood & Clay, based in Gilford, is owned by husband and wife team Kevin Beland and Shannon Robinson-Beland.

"We hope our additional pledge this year inspires other local businesses to contribute, especially with the project getting closer to its fundraising goal," said Shannon Robinson-Beland. "It's exciting that



COURTESY

Spaulding Academy & Family Services recognizes staff

NORTHFIELD — The employees of Spaulding Academy & Family Services recently enjoyed an afternoon of food, games, and relaxation during the organization's annual Staff Appreciation event. More than two-thirds of the total number of employees – approximately 205 people – attended. The event overlapped multiple shifts so that staff members on the Academic, Residential, Community Based, Family Services, Housekeeping, Facilities and Grounds, Support Services, and Administrative teams could attend, including some with overnight shifts.

Food and beverages



were provided by local food trucks: Baked & Brewed Café, Prime Time Grilled Cheese, and Winni Wagon. Staff members enjoyed cornhole games and giveaways, including

hats, umbrellas, and collapsible coolers. "The Staff Appreciation event is a great opportunity to thank everyone on campus for their daily contributions that

make Spaulding Academy & Family Services such a special place," said Nicole Keefe, Board Liaison & Communications Specialist, who or-SEE **SPAULDING**, PAGE A12

Shannon Robinson-Beland, co-owner of Wood & Clay; right, Becky Bryant, President & CEO of Lakes Region Community Services.

LRCS will be part of the next chapter for the Gale School – what a great way to put this historic building back to good use serving local families again.

"The Gale School will be a great location for us," said Rebecca Bryant, President & CEO of LRCS. "It will enable us to expand the reach of our programming, offering it to new families and to existing clients who will find the Gale School a more convenient location."

Lakes Region Community Developers (LRCD) is the developer for the project. LRCD and LRCS are partnering to sell the tax credits to local businesses. They have \$160,000 left to sell in order to move ahead with construction.

Businesses interested in purchasing tax credits for the Gale School project should contact Carmen Lorentz at LRCD by calling (603) 524-0747, ext. 110.

The Gale School was built in 1894, and was used by the Belmont school district until the mid-1980s. The building has been mostly vacant since then, and years of neglect have taken their toll. The Gale School was named to the New Hampshire State Register of Historic Places in 2018, and was selected as one

SEE **WOOD & CLAY**, PAGE A12

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will be showing her awesome talents throughout both days! Some of the arts & crafts will include amazing handcrafted wooden American flags, awesome soy candles, chainsaw wooden bears/eagles/cardinals etc., amazing nuts & bolts creations, Prim pain creams, resin art, sublimated items, beautiful wildlife photography, leather jewelry, gourmet honey & specialty foods, ceramics, fiber arts, quilted items, gourmet food items, kettle corn, CBD products, beautiful hair combs, macrame chairs & swings, hand poured soaps, & lots more!!! Friendly, Leashed Pets Welcome! Rain or Shine Under Canopies - Free Admission & Free Parking - GPS Address: 719 Cherry Valley Rd., Route 11A, Gilford. For more information, call Joyce at (603) 387-1510 - Preview Online; joycescraftshows.com.

Public Events at Taylor Community - Wolfeboro, NH

Vincent- A Portrait By the Postman Roulin <i>Sunday, October 2nd 2:00 p.m.</i> <i>In the Sugar House Maple Room</i> Author/educator/Screen Actors Guild actor Ted Zalewski plays the Postman as he captures the spirit of van Gogh the man and the essence of Van Gogh the artist. As Vincent's loyal friend, Roul in relates van Gogh's amazing personal and artistic journey from his native Holland to the south of France. The Postman, written by Ted Zalewski and based on extensive research into van Gogh's life and letters, is filled with humor, passion, and joie de vivre	Andrew Emanuel Music & the Clandestine Jazz Collective <i>Thursday, October 13th 3:00 p.m.</i> <i>In the Sugar House Maple Room</i> Join us for an afternoon of live jazz! We are excited to welcome Clandestine Jazz back to Sugar Hill! Clandestine Jazz is comprised of jazz musicians from different parts of New Hampshire, led by Andrew Emanuel.	Music Series Event: Alizon Lissance <i>Thursday, October 20th 3:00 p.m.</i> <i>In the Sugar House Maple Room</i> An assistant professor in Berklee's Harmony Department since 1997, Alizon Lissance has decades of experience as a multi keyboard player, vocalist, songwriter, and arranger. She has earned regional and national accolades, ranging from critical acclaim in Musician Magazine to receiving a Boston Music Award as Outstanding Keyboardist in 1991.
"The Perfect Storm" with Kristopher Furtney <i>Wednesday, October 26th 6:30 p.m.</i> <i>In the Sugar House Maple Room</i> Coast Guard Medal recipient Lieutenant Commander Kristopher G. Furtney, tells his story of serving as a member of the rescue team on board U.S.C.G.C. TAMAROA during the rescue of three people from the S/V SATORI and four survivors from an Air National Guard (ANG) H-60 helicopter in what became known as "The Perfect Storm." Join us as Kristopher shares his story from this harrowing day.	Erin Harpe Country Blues Duo <i>Thursday, October 27th 7:00 p.m.</i> <i>In the Sugar House Maple Room</i> Erin Harpe, recently named New England's "Blues Artist of the Year," grew up learning the style from her dad, Neil Harpe, and watching local Piedmont blues luminaries. Erin now gets back to her roots in acoustic blues for her new Country Blues Duo (a.k.a. "CBD") with longtime partner/bassist Jim Countryman. This duo creates a very full sound which features Erin on acoustic guitar, vocals, kazoo & foot percussion, and Jim on ukulele bass and backing vocals. Their energetic performances transport the audience to the Delta, with vintage classics by the likes of Memphis Minnie, Mississippi John Hurt, Tommy Johnson and Blind Blake. Erin Harpe CBD is a must-see roots act that will get any crowd moving!	

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Two dozen local artists win MVSB Community Photo Contest

REGION — Twenty-four local amateur and professional photographers are winners of the MVSB (Meredith Village Savings Bank) community photo contest. The winners were selected through a blind review process by a group of MVSB employees and Corporators using an extensive review process.

Complementary calendars are expected to arrive in all 13 branch offices this fall where community members can come in to pick up desk tent or wall-hanging options.

"We had hundreds of impressive photo submissions this year and it was difficult for us to narrow down the final selections," said Cindy Hemeon-Plessner, MVSB Senior Vice President & Chief Marketing and Experience Officer. "Each winning selection tells a story and elicits emotions - from respect and sadness to joy and awe. Because of the beauty of the Lakes and Seacoast Regions, there are several landscape photos while others feature local flora and fauna - both wild

and domesticated. They winning photos are truly spectacular."

The winning selections for the 2023 Community Calendar include:

- January: Milky Way over the rocky shore of Rye by Marie Sapienza
- February: Barred Owl by Petros Tsanlaredes
- March: Maple sugaring by Robert Kozlow
- April: Sunrise on Mount Major by John Scott Shelburne
- May: Checking out the visitor by Elissa Paquette
- June: Baby loon by Christopher Agurkis
- July: Laconia by Cathy Landroche
- August: Rocky beach by Holly Heath
- September: Last call by Sue Bean
- October: Ride on the Conway Scenic Railroad by Corey McKean
- November: Heroes by Robert Manley
- December: Center Harbor by John Parolin

John Parolin's photo "Center Harbor" will be featured on MVSB's 2023 holiday season communications. Marie Sapienza's photo "Milky Way over



COURTESY

"Barred Owl" by Petros Tsanlaredes, MVSB Community Photo Contest winner.

the rocky shores of Rye" will be featured as the calendar cover photo.

The MVSB Web site features photos from many years of previous contests as well. The following artists will have photos added to the catalogue of pictures that are featured throughout the year: Cathy Ahrens, Donna Leavitt, Jennifer Richard, Kathleen Curran, Mary Dean, Mike

Weinhold, Randy Wilson, Robert Kozlow, Sandra Wing, Sarah Duval, Stacey Leonard, Stacy Wyman, Thomas Fleury, Wendy Avery, and William Larson. Brenda Kean will have her

winning photo featured as an MVSB notecard.

Go to mvsb.com/annual-community-photo-contest to read more and view the winning photos.

Unlike a stock bank,

MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, nonprofits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Hall Memorial Library to host author event



COURTESY

Maureen Boyle, Sue Coletta, and Sharon Healy-Yang.

NORTHFIELD — On Tuesday, Nov. 1, Hall Memorial Library is hosting an author event organized by Sisters in Crime New England.

Sisters in Crime is an international organization dedicated to the professional development and advancement of women crime writers. The panel, "We're Not Making This Up," will feature local authors Maureen Boyle, Sue Coletta, and Sharon Healy-Yang. What's the story behind the story? Hear how authors combine personal experiences and events ripped from the headlines to create compelling mysteries, thrillers, and true crime. From that first idea, to research and their daily writing schedule, authors discuss their creative process.

Maureen Boyle is the author of two true-crime books, and has been New England Journalist of the Year three times. Sharon Healy-Yang writes fiction based on real life crimes with a detective-noir flair. Sue Coletta has published over a dozen books and maintains an award-winning crime blog. The three authors will be joining us virtually to discuss their inspiration, research, and writing process.

Visit Hall Memorial Library on Nov. 1 from 6:30 - 8 p.m. or tune in on Zoom using the link "TinyURL.com/HM-Lauthors" from the comfort of your home. For more information, call the library at 286-8971 or send an email to hallmemoriallibrary@gmail.com. Hall Memorial Library is open Monday, Wednesday, and Friday from 10am-6pm, Tuesday and Thursday from 10 a.m.-8 p.m., and Saturday from 10 a.m.-2 p.m. Visit us at www.hallmemoriallib.org

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Ora Schwartzberg, Esq.

Your body tells the truth even when you don't

"If you tell the truth, you don't have to remember anything." -Mark Twain

There has been a great deal of chatter in town about transparency in national politics. While we like to focus on the facts, it's been clear that as of late, facts are hard to decipher in the current climate. Misinformation runs rampant and several individuals stated that they just don't know what to believe anymore. This led us to discussions regarding the FBI and how law enforcement personnel can spot tells, if someone is being untruthful.

According to body language experts, there are tells to let you know if a person is being dishonest. There are exceptions to the rule of course, but this tidbit of knowledge may come in handy or may serve as a bit of fun the next time you're in a group setting.

Facial expressions, verbal cues and body language are said to give away a person who is fibbing. Experts say that these cues are due to chemical and physical reactions or nervousness.

If you are trying to decipher whether or not a person is fibbing, it helps to know how they act under normal circumstances. This way, you can determine if any responses are simply idiosyncrasies or tells.

The eyes say everything. Look for incessant blinking. Normally, a person will blink up to six times every 60 seconds. If an individual is lying, they might blink five or six times very quickly. Further, pay close attention to how long a person closes their eyes mid conversation. If someone has closed their eyes for up to two seconds, they could be lying to you.

At some point, we've heard the notion that a person is lying if they look up and to the right, however this depends on whether or not the person is right or left handed. If a right handed person looks up and to the left, they are searching their memories and likely are being truthful. If they look up and to the right, they are searching their imagination, and preparing to create an answer. Keep in mind that some people could look straight ahead when trying to recall a memory.

FBI experts say that if you ask a person about something they have heard, their eyes will move towards the left ear. If eyes shift to the right, a lie could be coming. Eyes will move down and to the left if the memory is about one of the five senses. Again, eyes will move down and to the right if a person is about to lie. You can also tell if a smile is genuine if wrinkles form by the eyes.

Lying could cause a person's face to itch. Watch to see whether or not a person is scratching their face while in conversation. Mouths tend to become dry when a person is lying as well. Lips that are pinched and colorless could also give away a person's mistruths.

A person may begin to sweat as well or blush. Blushing is the result of the release of adrenaline.

If someone is being truthful with you, they will typically shake their head in unison and in agreement with what they are telling you. However, the opposite is also true. If a person is shaking their head in disagreement with what they are saying, likely you are being lied to.



RC GREENWOOD

Battling the champs

Kim McWhinnie reaches up to push the ball over the net during Belmont's game at Newfound last week. The Raiders dropped a 3-0 decision to the defending Division III champions. Next up, Belmont will be at Franklin on Friday, Oct. 7, at 6:15 p.m. and at Epping at 6:15 p.m. on Wednesday, Oct. 12.

North Country Notebook

An unbelievable swath of death and destruction



By JOHN HARRIGAN
COLUMNIST

Knowing the history of the Florida peninsula didn't do much to allay concerns during all the years I enjoyed visiting friends and people from north of the notches who lived there and loved the place. Everyone shared knowledge of history to one degree or another, but few in their wildest nightmares really thought that a catastrophic storm would ever bring death and destruction.

But history can be a harsh and unforgiving teacher, and last week Hurricane Ian devastated a swath of Florida that it will remain forever etched in the minds of all who lived through it or called the place home.

My aunt and uncle, Cam and Carl Harrigan, now both gone, had a place down there for years, in a trailer park north of Orlando. Like most people, they were aware of the Caribbean's history, and were lulled into euphoria as year after year the region escaped without

a major hit from a truly fatal, region-wide, totally destructive storm.

Over the years, I had friends and family in Port Charlotte, Ormond Beach, Sarasota, and Lady Lake, and particularly enjoyed driving down either Route 17 or 27 to get away from never-ending traffic and get into farm country and all that a slower pace had to offer. My destination on such trips was Port Charlotte and the country around the Peace River, but eventually I'd get to Ormond Beach as well, and everyone else's place on Florida's map, always managing to find alternate routes that got me out of the rat-race.

My kids went with me at one time or another, and I learned to love the pace of life along a canal that was actually a ditch to help drain the fringes of the old village that was first established on the north bank of the Peace River at Port Charlotte, just across the river from the outpost of Fort Meyers. There were alligators there, and you had to watch your step. Snakes, too, although I never encountered anything threatening. On the golf course, however, water moccasins occasional shut down greens until players shooed them away.

I had my first encounter on that course

with what I thought was a water hazard, in the form of an odd-looking log. I was looking for my ball when the log opened its eyes and moved. It was home to the alligator, but not to me, and I beat a retreat while the croc moved away. This, I thought, was nothing like the course back home in Colebrook, where the worst that players contend with are black flies and the occasional moose.

+++++

Every house in Port Charlotte seemed to have a lanai, the sort of canvass-covered patio that had caught on throughout the South. Under its protection from sun and rain, I played endless games of Frick and Frack with Ray Bujold, an irrepressible guy originally from French Quebec and later from Hudson, whom I met early in life through my first newspaper job at the Nashua Telegraph.

It was quite something, I thought, to go out with a citrus-picker for an orange or grapefruit or other fruit to refresh our drinks.

The kids will never forget our visits to Florida, and the great experiences our wanderings offered. It's hard to reconcile it all with last week's death and destruction.

+++++

Like many Americans, I was glued to the television set as the hurricane bore down on the mid-section of Florida, and then made its deadly and devastating swath across the peninsula and up the coast of the Carolinas.

Overnight, people's lives were lost or changed forever. All across the nation,

people sought word of parents, grandparents, children, aunts, uncles, extended family. Images of houses, boats and vehicles tossed about like toys filled the late-night and early morning screens--images that suspended belief.

My thoughts were all over the place, but particularly with the old ones, the retired people who had decided on Florida with a certain security of mind, a conviction that the towns and cities where they'd decided to reap the benefits of their life's work and their well-deserved rest would be there forever. They awoke, if they awoke, to find it all in shambles.

Florida has become an unimaginable repository of people's lives and much of the nation's treasure, mainly because it makes such a place of beauty and relief from the never-ending cold. This is especially true for people who have lived a hard life in the Northern Tier--people from along the 45th Parallel, on both sides of the U.S.-Canadian line, all across the continent. They are a tough and rugged bunch, and they tend to stick together. You can find clumps of them all over Florida, from Port Charlotte to Ormond Beach and beyond.

Young and old, they are all sharing the thoughts that go racing through people's minds after a Hurricane Ian. They manage to find the will and the way to pick up and rebuild and carry on, out of sheer love of a way of life.

(This column is syndicated in newspapers from Concord to Canada. Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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Raider boys battle past Prospect Mountain



JOSHUA SPAULDING

Belmont's Liam Waldron and Prospect Mountain's TJ Locke battle along the sidelines on Saturday.



JOSHUA SPAULDING

Belmont's Jeff Carrier fires off a shot as Prospect goalie Ben Gagnon slides to make a save in action in Belmont Saturday.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Prospect Mountain boys' soccer team threatened to ruin Belmont's Homecoming with an early goal in Saturday afternoon's tilt.

However, the Raiders came to life in the second half and scored two goals of their own to emerge with a 2-1

win.

The Timber Wolves came out of the gate strong and scored in the first three minutes of the game, as Joe Deane made a great run into the box and fired a shot past Belmont keeper Jacobb Bivens for the 1-0 lead.

Belmont answered with some chances, as Liam Waldron made a good cross in front

that Prospect's Kaleb Kennedy was able to clear. Cole Stockman had a long direct kick for the Timber Wolves that just missed connecting with Deane on a chance and had another kick that Manny Mahoney cleared out for the Raiders.

Jeff Carrier made a good run for the Raiders, only to see Prospect keeper Ben Gagnon make the stop in close. Alejandro Jimenez had a bid for the Raiders denied by

Gagnon and Stockman had a chance denied by Bivens. TJ Locke had a good cross in for the Timber Wolves, but Jamison Gaudette was able to clear the ball out. Prospect's Ethan Capsalis also had a good defensive clear.

Brady Jewell sent a shot wide of the net for Belmont and Stockman sent a shot wide for Prospect. Waldron also had a direct kick cleared out by Ayden LaChance

and Jimenez had a bid stopped by Gagnon. Jewell also made a good run in and Belmont had a corner kick that Gagnon was able to snag.

The game went to the half with the Timber Wolves on top by the 1-0 score, but Belmont came out strong in the second half. Waldron was able to score on unassisted tally for the tying goal and then Carrier scored the winning goal on an assist from Jimenez

for the 2-1 final score.

Belmont is slated to be at home against Newfound on Tuesday, Oct. 14, at 4 p.m.

Prospect Mountain is scheduled to be at Farmington on Friday, Oct. 7, and at home against Berlin on Tuesday, Oct. 11, both at 4 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

St. Onge, Haggett lead soccer Bears past Stevens

BY JOSHUA SPAULDING
Sports Editor

TILTON — Coming off a tight 1-0 win over Newfound the previous Friday, the Winnisquam boys' soccer team got the offense turned up on Monday, Sept. 26, besting Stevens by a 5-2 score.

"It was a good game," said coach Tom Osmer. "They're working hard, they've bought into the strategy and they are willing to do the work."

"We're going into every game feeling like we're the underdog because that's what we've known," he added.

The Cardinals entered the game as a playoff team in Division II a year ago, and though the visi-

tors were a bit shorthanded, it took a good effort from the Bears to emerge with the victory.

"We've got to play the team that is in front of us," Osmer said. "We've got a few tough ones ahead of us."

Zach St. Onge and Tabor Haggett each had two goals in the game for the Bears, while Ayden Cushing added the other tally.

Winnisquam is slated to be in action again on Friday, Oct. 7, at 7 p.m. for a Homecoming tilt with Mascoma and will be hosting Farmington on Tuesday, Oct. 11, at 4 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Canterbury Shaker Village to host Delta Dental XC Series, Oct. 15 & 22

CANTERBURY — On Saturday, Oct. 15 and Oct. 22 at 10 a.m., Canterbury Shaker Village will host 5K cross-country races as part of the Delta Dental XC Series.

Taking participants on trails, through fields and pastures, and around ponds, the races are held entirely on the grounds of the Village.

"With fall in the air,

you won't find a prettier natural setting than Canterbury Shaker Village," said Leslie Nolan, executive director of the Village.

Featuring 694 acres of forests, fields, gar-

dens, nature trails, and mill ponds under permanent conservation easement, the Village is designated as a National Historic Landmark with 25 re-

SEE **DELTA XC**, PAGE A15

HIGH SCHOOL SLATE

Thursday, Oct. 6 BELMONT Girls' Soccer vs. Inter-Lakes; 4 WINNISQUAM Field Hockey at White Mountains; 4	Football at Plymouth; 7 WINNISQUAM Boys' Soccer vs. Mascoma; 7 Cross Country at Gilford; 4 Volleyball vs. Plymouth; 5:45 Saturday, Oct. 8 WINNISQUAM Field Hockey vs. Berlin; 10 Football vs. Newfound; 2 Tuesday, Oct. 11 BELMONT Boys' Soccer vs. Newfound; 4 Girls' Soccer at Newfound; 3:30 GILFORD Boys' Soccer at St. Thomas; 4 WINNISQUAM Boys' Soccer vs. Farmington; 4	Field Hockey at Newfound; 4 Wednesday, Oct. 12 BELMONT Cross Country Home Meet; 4 Volleyball at Epping; 6:15 GILFORD Cross Country at Kearsarge; 4 Field Hockey vs. Mascenic; 4 Unified Soccer at Newfound; 4 WINNISQUAM Cross Country at Belmont; 4 Thursday, Oct. 13 WINNISQUAM Unified Soccer at Exeter; 3:30 Volleyball at Kingswood; 5:45 All schedules are subject to change.
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TOWN OF TILTON PUBLIC HEARING NOTICE

The Tilton Selectboard will hold a public hearing on Thursday, October 20, 2022, at 6:00 p.m. to discuss the Tilton Island Bridge preservation and restoration. The meeting will be held at the Police Department's Community Room, 45 Sanborn Road, Tilton, NH.

The Town of Tilton complies with the Americans with Disabilities Act regulations. Please contact the Selectmen's Office, Tilton Town Hall, 257 Main Street, Tilton, NH 03276 or call 603-286-4521 if you need an accommodation to attend this meeting.

Stone wall workshops offer unique opportunity at Canterbury Shaker Village

CANTERBURY — Stone walls are found throughout the New England countryside—and set on nearly 700 acres just outside Concord, New Hampshire, Canterbury Shaker Village is no exception.

“We have stone walls throughout our property, some of which need repairs during the warmer months,” explained Executive Director Leslie Nolan. “Several years ago, we realized we had the perfect backdrop for a workshop-style program.”

This realization has led to the Village’s popular two-day Stone Wall Workshops with the next one scheduled to take place on Saturday, Oct. 29 and Sunday, Oct. 30. Led by master stone artisan and mason Kevin Fife, this hands-on workshop introduces participants to the engineering and aesthetics of the Shakers’ stone wall-building skills through the restoration of a wall section at the Village.

According to past participant Jon Old, the workshop is “terrific,” especially in regard to learning from Fife him-



self. “It was a joy to work with and learn from Kevin in a beautiful place, meet new people, and share in the camaraderie of working on the project together,” he noted.

Part of the joy he experienced in the workshop—he has participated in two—stems from its very nature.

“You learn the craft,

but at the same time you’re helping the institution,” Old said. “You’re working on a part of the wall that needs to be fixed anyway, so you are giving back to an organization

that is a worthy cause itself. It’s a win-win for everyone.”

In addition to a beautiful natural backdrop, the workshop includes a gourmet lunch and

drinks each day. Tuition for returning participants is \$150 and \$250 for new participants.

“If you’re looking for an opportunity to learn from one of the best in a

very friendly, informal, fun environment where you are going to get great exercise and meet great new people and feel like you’re contributing to a wonderful nonprofit that could use your help, it’s a wonderful opportunity,” added Old.

Designated as a National Historic Landmark for its architectural integrity and significance, the Village features 25 restored original Shaker buildings, 4 reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. To register for the two-day Stone Wall Workshop on Saturday, Oct. 29 and Sunday, Oct. 30, visit shakers.org.

Canterbury Shaker Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.

We Care presents Introduction: The Chicago Experience

MEREDITH — On Saturday, Oct. 29 in Meredith, return to the times and events that shaped the “Chicago Transit Authority” the original name of the group that became known simply as Chicago. Introduction: The Chicago Experience, a tribute band that was born of deep admiration and respect for Chicago’s artists and their early music, will pay very careful attention to every musical and vocal nuance to deliver the most outstanding Chicago show of any Chicago tribute band! Don’t miss the opportunity to experience the raw, unleashed sounds from Chicago’s early years, 1968-1978, and the unique sound that made them a legend. Come see Introduction on Oct. 29 and join the Chicago Experience. Doors open at 7 p.m. for general admission seating. The show will begin at 7:30 p.m. Visit the temple Web site www.tbinh.org for more information and to purchase tickets.

We Care is proud to partner with the Meredith Altrusa Club, a Lakes Region non-profit that is part of Altrusa International, a global service organization. The women of the Meredith Altrusa Club, all volunteers, have worked tirelessly for over 40 years to create the types of programs that lead to a better community. From reading programs for young children to life-care initiatives for senior citizens, the Meredith Altrusa Club has programs and resources that benefit people from all walks of life. One of the most unique offerings is their “Non-traditional Scholarships” for applicants who are at least 23 years of age and looking to improve their job qualifications or further their education. It is through these types

of programs that the Meredith Altrusa Club makes a positive difference in the world around them. Learn more about the organization on their Web site: <https://altrusa-meredithnh.org/>.

Every We Care benefit concert since 2013 has returned the entire net proceeds to the selected beneficiary with a total raised of over \$135,000 to date. The funds raised come from ticket sales and the generosity of major event sponsors. This We Care concert fundraising model provides a platform for both the beneficiary and the event sponsors, to bring awareness to the public of their presence, their mission, and their commitment to the importance of community involvement. We Care and Meredith Altrusa thank the major event sponsors for this concert, Miracle Farms Landscaping, Audi Nashua, and Interlakes Family Dental, as well as the advertisers of “The Lakes Region Business Directory,” a digital flipbook that showcases many kinds of businesses in the Lakes Region. From architects to health and wellbeing for humans and their pets and from entertainment to retail, each business is represented with full color advertisements and hyperlinks to the businesses’ websites. It is because of these advertisers that Temple B’nai Israel can reach out into the community and provide the We Care fundraising model for other worthwhile non-profit agencies. The online digital directory is available as a resource to anyone who is looking for reliable goods and services in the Lakes Region. The Lakes Region Business Directory can be found at <https://tbinh.org/lakes-region-business-directory/>.

Welcome to Fall from the Pines Community Center and the Tilton-Northfield Recreation Council! We are a 501c3 non-profit organization, serving the towns of Tilton and Northfield, and operating out of the Pines Community Center at 61 Summer St. in Northfield. We have a lot of activities planned for children and families this month.

Youth Basketball

Register for Pines Youth Basketball Oct. 1 through Nov. 1 at 5:30 p.m. Practices start in mid-November, games for Travel Teams in mid-December. We offer instructional Rec Basketball for boys and girls in Kindergarten through Grade 2 at \$48 per child for Tilton-Northfield residents, \$58 for non-residents. We have four Travel Basketball teams, Boys Grades 3-4, Girls Grades 3-4, Boys Grades 5-6, and Girls Grades 5-6. Traveling Basketball costs \$58 per child for Tilton-Northfield residents, \$68 for non-residents. All practices and home games are at Southwick School. Practice dates and times have yet to be determined. We will post them on the Pines Facebook page as soon as we know them. Parents are responsible for transporting children to practices and games. Register right away as all teams are capped at 22 participants due to limited gym space. Volunteer coaches are needed for all levels and teams. Please contact Samantha Magoon if you are interested in coaching. Our sports programs cannot run without our volunteer coaches! Register in person at the Pines (cash or check), or online (credit card) through our website under 2022-2023 Youth & Family Sports.

Halloween Candy Bar Bingo

We’re bringing back our always popular Candy Bar Bingo, but with a Halloween theme as benefits the month of October. This event is on Wednesday, Oct. 19, from 5:45 to 7:30 p.m. Bring the whole family, for an evening of

sweet fun! All ages can play, but children must be accompanied by an adult. There is no cost for admission, but each bingo card is “purchased” with one standard sized candy bar or bag of candy, such as a Milky Way bar, or bag of M & M’s. Children coming in costume will get a second bingo card for free. There is a maximum of four cards per person. The Pines will be selling concessions during this event: pizza from Tilton House of Pizza, chips, candy and drinks.

Craft Fair

The Pines’ Fifth Annual Craft Fair is coming up on Saturday, Nov. 5, from 9 a.m. to 2 p.m. We will have a building full of crafters and vendors selling things such as handcrafted holiday items, knitted and crocheted creations, woodcrafts and signs, jewelry, personal care products, and children’s books to name just a few. The Pines will be selling homemade food and baked goods, such as chowders, chili, mac

and cheese, cupcakes and brownies. Stop by and get a head start on your Christmas shopping! If you are interested in selling your own handcrafted or other items here, please contact Recreation Director Samantha Magoon at pccprogramdirector@gmail.com or 603-286-8653. Vendor registration ends Friday, Oct. 21 at 5:30 p.m., or when we have no more spaces available. Vendor set-up is Friday evening, Nov. 4, from 4 to 6 p.m.

Halloween Party

The Pines Annual Free Spook-tacular Halloween Party is coming up on Friday, Oct. 28, from 6 to 7:30 p.m. The party is for children up through Grade 5. Come dressed to scare!

There are free crafts for kids at the make and take tables, free goodie bags for the first 50 kids, prize drawings for kids with costumes, games, and seasonal treats for sale at the concession stand. No advance registration necessary. If you belong to a group or organization that is interested in helping out, or would like to sponsor, or run, an activity for the kids, please contact Samantha Magoon. She may be reached at 286-8653 or at pccprogramdirector@gmail.com.

Closed

The Pines will be closed on Monday, Oct. 10, in honor of Indigenous Peoples Day/Columbus Day.

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The Colonial welcomes comedian Steve Treviño

LACONIA — The Colonial Theatre of Laconia is proud to welcome Comedian Steve Treviño on Friday, April 21 at 8 p.m.

Comedian Steve Treviño is “America’s Favorite Husband.” He has quietly become one of the country’s fastest-rising comics, viewed more than 175 million times as of 2020, selling out shows coast-to-coast, amassing nearly 1 million total social media followers, and headlining specials for Amazon, NETFLIX, Showtime, and more.

Tickets for Comedian Steve Treviño at the Colonial Theatre of Laconia on Friday, April 21 at 8 p.m. are \$29-\$59 and go on sale Friday, Sept. 30 at 10 a.m. at www.coloniallaconia.com or by calling 1-800-657-8774.

He opened the 2001 Three Amigos Comedy Tour featuring Carlos Mencia, Pablo Francisco,

and Freddy Soto. By 2006, he began headlining. He delivered side-splitting performances on “The Late Late Show,” “Comics Unleashed,” and “BET Comic View,” in addition to writing for Mind of Mencia and producing and writing for in-cinemas, viewed more than 175 million times as of 2020, selling out shows coast-to-coast, amassing nearly 1 million total social media followers, and headlining specials for Amazon, NETFLIX, Showtime, and more.

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He opened the 2001 Three Amigos Comedy Tour featuring Carlos Mencia, Pablo Francisco,

Goes Wrong” [4 million views]. 2018’s “‘Til Death” special maintained his momentum and can currently be viewed on Amazon Prime.

The son of a Vietnam Vet, Steve is passionate about raising money for Helicopters for Heroes, an organization benefitting veterans.

In 2020, he and his wife, Renae, unveiled a joint weekly podcast entitled Steve Treviño and Captain Evil, and he filmed his fourth self-produced comedy special, My Life in Quarantine, which was picked up by Amazon Prime. The once-in-a-lifetime pandemic special was shot in front of a masked, socially distant crowd and focused on the ups and downs of getting through quarantine. In 2021, Steve produced his fifth special at one of his shows in Waco, Texas, entitled I Speak Wife, which

will be released this year.

Tickets for Comedian Steve Treviño at the Colonial Theatre of Laconia on Friday, April 21, at 8pm are \$29-\$59 and go on sale Friday, Sept. 30 at 10 a.m. at www.coloniallaconia.com or by calling 1-800-657-8774.

First opened in 1914, the Colonial Theatre was designed by George I. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of operation.

On June 15, 2015, the City of Laconia an-

nounced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.coloniallaconia.com

Spectacle Live was founded in 2012 to provide performing arts venues throughout New England

with expert services in venue operations, booking and programming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, MA and Laconia, NH. For more information, please contact Pete Lally, plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Belmont police log

BELMONT — The Belmont Police Department reported the following arrests during the week of Sept. 19-26.

Chris D. Martin, age 56, of Belmont was arrested on Sept. 20 for Simple Assault-Mutual Combat.

Tirar Tortorello, age 53, of Belmont was ar-

rested on Sept. 21 for Criminal Mischief and Simple Assault resulting in Bodily Injury.

Janelle D. Moulton, age 35, of Belmont was arrested on Sept. 22 for Violation of Probation or Parole.

Adam J. Cordano, age 40, of Nashua was arrested on Sept. 22 for Possession of a Controlled Drug (subsequent offense).

Jessica L. Patten, age 42, of Laconia was arrested on Sept. 23 for Possession of a Controlled Drug (subsequent offense), Transporting Drugs in a Motor Vehicle, and Control of a Premises Where Controlled Drugs have been Kept.

William G. Smith, age 66, of Plymouth, Mass. was arrested on Sept. 24 for Operating After Certification as a Habitual Offender.

LACONIA — The Halloween Spooktacular returns to the Colonial Theatre of Laconia for two nights on Friday, Oct. 28 and Saturday, Oct. 29! We will be showing “Ghostbusters,” “Ghostbusters II,” “Casper,” “Hocus Pocus,” and “The Addams Family.”

Tickets and all day passes for the Halloween Spooktacular at the Colonial Theatre of Laconia on Friday, Oct. 28 and Saturday, Oct. 29 go on sale Thursday, Sept. 29 at 10 a.m. at www.coloniallaconia.com or by calling 1-800-657-8774.

On Oct. 28 and 29, the Colonial Theatre will be presenting three Halloween movies that are appropriate for all ages. There will be a showing of “Ghostbusters” at

6:30 p.m. and a showing of “Ghostbusters II” at 8:30 p.m. on Friday, Oct. 28. On Saturday, Oct. 29, there will be a showing of “Casper” at 3:30 p.m., “Hocus Pocus” at 6 p.m., and “The Addams Family” at 8:30 p.m. You will be able to purchase tickets to individual movie showings or a day pass that allows you into all movies for the corresponding day.

“Ghosbusters” (1984)

A group of unemployed parapsychologists go into business as professional ghost neutralizers. But when New York City comes under attack from a host of supernatural demons, the self-proclaimed Ghostbusters must step up and save the world from the sinister Gozer.

Rated: PG

“Ghostbusters” will be

shown at 6:30 p.m. on Oct. 28.

“Ghostbusters II” (1989)

A river of slime is feeding on the “negative energy” of New York City and a tyrant in a 16th-century portrait wants to take over the body of a little child, the son of an art restorer working on the picture. It’s a job for the paranormal Ghostbusters, who must reunite to contain the despot in this sequel to the crowd-pleasing 1984 comedy.

Rated: PG

“Ghostbusters” II will be shown at 8:30 p.m. on Oct. 28.

“Casper” (1995)

The Friendly Ghost attempts to befriend the 12-year-old daughter of a paranormal expert, but his nasty ghost uncles wreak havoc.

Rated: PG

“Casper” will be shown at 3:30 p.m. on Oct. 29.

“Hocus Pocus” (1993)

Three 17th-century witches, hanged for their murderous crimes, are resurrected on Halloween in modern-day Salem by an unsuspecting boy, who must now figure out how to get them back in the ground.

Rated: PG

“Hocus Pocus” will be shown on Oct. 29 at 6 p.m.

“The Addams Family” (1991)

A stranger shows up on the Addams’ doorstep, claiming to be a long-lost uncle. However, he is really a ringer in cahoots with a lawyer; and the two are trying to dupe the ghoulish family out of their fortune.

Rated: PG-13

“The Addams Family” will be shown at 8:30 p.m. on Oct. 29.

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theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of operation.

On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

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PETS OF THE WEEK




Jenni

I’m Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we’d have to meet first. A low traffic home able to help me build my confidence with new people would be best!



Bria

Bria came to us all the way from South Carolina. Her foster says she is sweet and has done well living with other cats.



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New eye care center ready to serve Lakes Region with financing from MVSB

TILTON — Apex Eyecare, a new optometry practice located in the Tanger Outlets shopping center in Tilton, recently opened their doors with financing from MVSB (Meredith Village Savings Bank). They offer routine and medical eye exams, including an optical shop with a wide selection of contact lenses and glasses.

Dr. Deidre Cullen is a licensed Optometrist and Samantha Sarson is a licensed Optician with several years of experience in the eye care field. They worked closely with Dan Osetek, MVSB Senior Vice President, Commercial Lending Team Leader, and used MVSB's specialized medical professional practice



From right, Dan Osetek, MVSB Senior Vice President, Commercial Lending Team Leader, stands with Apex Eyecare owners Dr. Deidre Cullen and Samantha Sarson at their new location in the Tanger Outlets shopping center in Tilton.

loan to finance their new practice.

Pam Gramatikas named LRAA's Artist of the Month

TILTON — The Lakes Region Art Association's September artist is Pam Gramatikas, a.k.a. Pam Gram. Gramatikas is not only an great artist and person, but runs a day care as well. Although she has worked in multiple mediums, her favorite is pastels. Her inspiration comes from other artists and the kids in her daycare. According to Gramatikas, just coming into the gallery "gets her excited."

She credits her daughter with the fact she is at Lakes Region Art Gallery. She and her daughter were shopping at the Tilton (NH) Tanger Outlets when they discovered the Lake Region Art Gallery. Without know it, her daughter signed her up for a membership in the Gallery. Her initial response: "What did you do?" Like many "closet artists," her talent insecurity took center stage and found it hard to believe that anyone would pay for her art. Her daughter saw the talent and knew she would do well. Pam now admits

she was right.

"Everyone at the gallery is helpful and inspirational," she said.

It gets her excited to push her creativity, constantly moving forward on her journey at being the best she can be.

Witness Gramatikas' amazing art, as well as that of the other thirty or more artists displaying at Lakes Region Art Gallery at Tanger Outlets, 120 Laconia Rd., Tilton, Suite 300, or visit us at iraanh.org to learn more. Look for the art by "Pam Gram," which is how she is known by friends and collectors alike.

Friday Featured Artist is a weekly program that highlights an artist from the Lakes Region Art Gallery each Friday for four consecutive weeks each month. Subscribe to our Facebook or Instagram channels to receive these videos and more in your social media feeds. Past videos are also available on our YouTube channel, <https://www.youtube.com/channel/UCLSz-F9L-yCODibnwyR2Xt3Q>.

Larry Frates creates magic at the Mill with Altrusa of Laconia

LACONIA — Join Larry Frates and Altrusa of Laconia at the Belknap Mill on Sunday, Oct. 16 for a special magic show event.

Frates, the Historic Belknap Mill's Artist in Residence, will be mesmerizing audiences with two spectacular shows at 1 and 3:30 p.m. Tickets may be purchased at

www.AltrusaLaconia.org and are \$15 for general admission/\$10 for children under 12 years old. Each child attending will receive a free book. Fun for the whole family!

All proceeds from this event will be returned to the community through Altrusa of Laconia's various outreach programs.

"It was an honor to help Deidre and Samantha achieve their dreams of opening their own practice and we are excited to welcome Apex Eyecare to the region," said Osetek. "They took advantage of our relatively new and innovative financing option for qualified medical practices. The flexible loan terms allowed them to access financing quickly and will allow them to focus on what really matters most – their patients."

"It has been a vision of ours to open our own practice and the Lakes Region communities have been nothing but welcoming to us," said Dr. Cullen. "We are proud to offer full-service optometry exams and are fully stocked with frames for the whole family – from infant to adult sizes. We are also thankful to Dan and the whole team at MVSB, who really went above and beyond in turning our dream into reality."

Dr. Cullen graduated as salutatorian of her class at Massachusetts College of Pharmacy and Health Sciences in 2018. Sarson is an American Board of Opticianry (ABO) certified optician that started her career in 2011. Prior to opening Apex Eyecare, Dr. Cullen and Sarson worked together for a Concord-based eye care practice since 2018. Both reside in Laconia and are excited to build their eye care practice close to

Deadline for Children's Auction funding is Oct. 15

LACONIA – The Greater Lakes Region Children's Auction (GLRCA) is accepting funding applications for 2022 until Oct. 15. Details and an online application are available on the Children's Auction Web site at www.ChildrensAuction.org.

Local nonprofit organizations that provide

support to low-income children and their families are encouraged to apply for GLRCA funding if they hold tax-exempt status under Section 501(c) 3 and/or public agency status and have a proven history of providing value to the low-income children of our local communities.

- To provide local chil-

dren with basic needs, including but not limited to food, shelter, clothing, emergency assistance and other vital needs.

- To fund capital initiatives that improve the lives of children or enhance the ability of nonprofits to deliver their services.
- To fund area non-

profits that provide after school programs, recreation, education and the arts for which the child may not be able to otherwise afford.

For more information on how to apply, the kinds of organizations that we fund and how you can help, please visit childrensauction.org.

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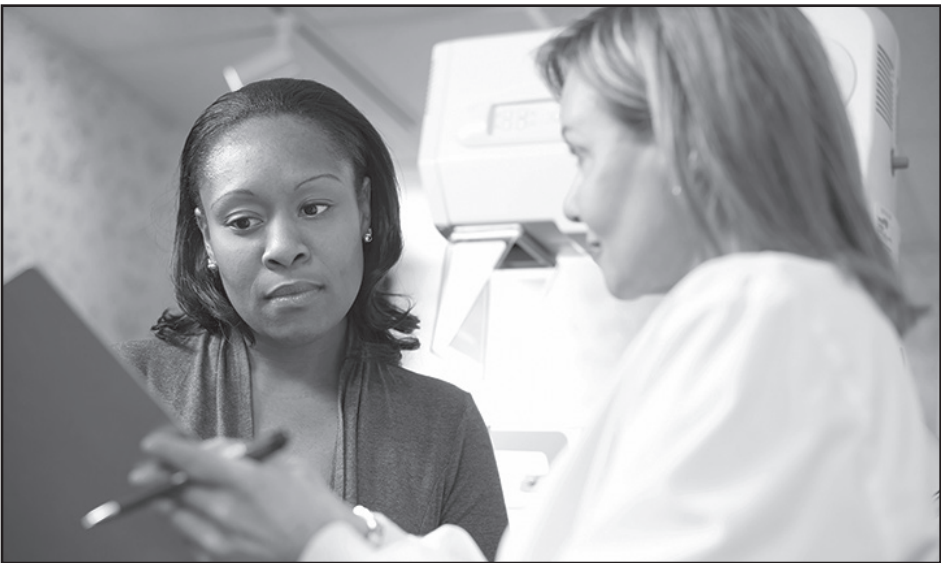
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Breast Cancer

Prevention & Awareness



Women are urged to report any abnormalities in their breasts to a physician immediately.

Breast cancer is the most commonly occurring cancer in women across the globe. According to the World Cancer Research Fund International, there more than 2.26 million new cases of breast cancer in women in 2020. Such figures are sobering, but it's important to recognize that breast cancer survival rates have improved dramatically in recent decades, providing hope to the millions of women who may be diagnosed with the disease in the years to come.

Various factors have helped to improve breast cancer survival rates, and education about the disease is certainly among them. Women are their own greatest allies against breast cancer, and learning to spot its signs and symptoms is a great first step in the fight against this potentially deadly, yet treat-

able disease.

Knowing your body

The American Cancer Society urges women to take note of how their breasts normally look and feel. That knowledge is vital because it helps women recognize when something does not look or feel good to the touch with their breasts. Screening alone may not be sufficient, as the ACS notes that mammograms do not find every breast cancer.

Signs and symptoms

When women are well acquainted with how their breasts look and feel, they're in better position to recognize any abnormalities, which may or may not be indicative of breast cancer. The ACS reports that the following are some potential warning signs of breast cancer.

- A new lump or mass: The ACS indicates that this is the most com-

mon symptom of breast cancer: A lump or mass that is cancerous is often painless, but hard and has irregular edges. However, lumps caused by breast cancer also can be soft, round and tender. Some even cause pain.

- Swelling: Some women experience swelling of all or part of a breast even if they don't detect a lump.
- Dimpling: The skin on the breast may dimple. When this occurs,

Potential warning signs for breast cancer

the skin on the breast sometimes mimics the look of an orange peel.

- Pain: Pain on the breast or nipple could indicate breast cancer.
- Retraction: Some women with breast cancer experience retraction, which occurs when the nipple turns inward.
- Skin abnormalities: Breast cancer may cause the skin on the breast to redden, dry out, flake, or thicken.
- Swollen lymph nodes: Some women with breast cancer experience swelling of the lymph nodes under the arm or near the collarbone.

The presence of any of these symptoms merits a trip to the doctor. Women with these symptoms should not immediately assume they have breast cancer, as the ACS notes

that various symptoms of breast cancer also are indicative of non-cancerous conditions that affect the breasts. Only a physician can diagnose breast cancer, which underscores the importance of reporting symptoms to a doctor immediately.

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SOCCER

CONTINUED FROM PAGE A1
Wolves, but Makayla Ricks turned her away with a good defensive

play. Abby Breuer had a bid go wide for the visitors and Juliette West just missed connecting with Breuer as well.

Kate Walker had a strong defensive stop for the Raiders on a White bid and Winslow did the same on a chance from Ava Tibbs. Stone sent a shot wide at the other end and also had a bid stopped by Burke. Jenna Sykes had a shot denied by Matthews and Makenna Sowards made a run for the Raiders, only to see Neathery make a strong defensive stop.

Stone had another shot go wide of the net and West had a long shot for Prospect

Mountain that was stopped by Matthews. Maren Rayno made a good defensive play on Stone and Winslow did the same at the other end on a bid from Breuer and the game went to the half with no score.

Jewell had a chance stopped by Burke early in the second half and Stone sent a shot wide. Alexis Kelley made a good run for the Timber Wolves and found Neathery for a chance, but it went wide. Winslow fired a direct kick on net that Burke was able to stop.

With just more than five minutes gone in the second half, the Raiders got on the board, as Jewell made

a nice cross to Stone, who buried the shot and Belmont had the 1-0 lead. Breuer came back with a direct kick that went high and Avery Thoroughgood had a shot on net for Prospect that Matthews stopped. Stone had a good cross at the other end, but Abby Wittenberg cleared the ball out of the box.

The Raiders were awarded a penalty kick with 27:45 to go in the game and Jewell stepped up and delivered the goal for the 2-0 lead. Prospect came back with bids from Breuer and Noyes, but Winslow on defense and Matthews in the net kept them at bay. Noyes had a couple

of direct kicks for the Timber Wolves and Belmont had a corner, but Rayno was able to clear the ball out.

White got off a great shot for the Timber Wolves, only to see Matthews make a diving save and Jewell and Stone just missed connecting on a chance. Stone had another shot on net that Burke stopped and Helena Papadopoulos had a rebound chance denied.

Prospect was able to get on the board in the final two minute, as Laney Henry sent the ball to Tori Christie, who buried the shot to cut the lead to 2-1, but

that was as close as the Timber Wolves would get, as Belmont held on for the 2-1 win.

Belmont is slated to be in action today, Oct. 6, at home against Inter-Lakes at 4 p.m. and will be at Newfound on Tuesday, Oct. 11, at 3:30 p.m.

Prospect is scheduled to be in action at home against Mascoma on Friday, Oct. 7, at 4 p.m. and at Berlin on Tuesday, Oct. 11, at 3:30 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

WOOD & CLAY

CONTINUED FROM PAGE A1


of New Hampshire's Seven to Save in 2017.

In July 2020, the building was successfully moved by the local Save Our Gale School Committee (SOGS) to a new location at 60 Concord Street in Belmont Village. LRCD agreed to partner with SOGS to redevelop the building.

The tax credits are administered by New Hampshire Community Development Finance Authority (CDFA). Any business with operations in New Hampshire that contributes to a CDFA tax credit project receives a NH state tax credit worth 75 percent of

their contribution. The credit can be used over a period of five years to reduce the business' state tax liability (business profits, business enterprise or insurance premium taxes). The tax credit program allows NH businesses to redirect a significant portion of their state tax dollars to support local projects that they care about.

CDFA reviews many project applications each year and awards tax credits to those they determine are feasible and will make the biggest impact on economic development in the state. LRCD was awarded \$750,000 in credits for the Gale School project, and has sold \$590,000 to date.



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SPAULDING

CONTINUED FROM PAGE A1

ganized the event. "We refer to our staff as the 'Spaulding Family,' and it was fun to focus on those family connections and relax together. We're grateful to the Facilities and Food Services teams for their assistance with the event."

For more information about Spaulding Academy & Family Services, visit SpauldingServices.org.

About Spaulding Academy & Family Services
Spaulding Academy

& Family Services is a leading provider of educational, residential, therapeutic and community-based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy & Family Services is a tax-exempt 501(c)(3) nonprofit that was formerly known as Spaulding Youth Center since 1958. Its scenic hill-top campus is located on

over 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on the Northfield campus, Spaulding Academy & Family Services' community-based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit www.SpauldingServices.org.



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Tool & Die Maker
Shipping & Receiving
Plating Tech
Maintenance Mechanic
Machine Operator
Specialized Machine operator
Assembler/Utility Operator
Janitor 2nd shift



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STARTING SALARY ADJUSTED FOR EXPERIENCED CANDIDATES.

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to see the NHVH team working together.**



TOWN OF WOODSTOCK
**PUBLIC WORKS
DEPARTMENT**

OPENING: FULL-TIME HIGHWAY LABORER/DRIVER

**RATE OF PAY: BASED ON EXPERIENCE WITH FULL BENEFIT PACKAGE
OFFERED**

APPLICATION DEADLINE: UNTIL FILLED


POSITION DESCRIPTION: Woodstock Public Works is seeking applications for
a Full-Time Highway Laborer/Driver.

- Duties include laborer work for highway maintenance (including winter
operations) cemetery, parks, sewer, and water.
- Operate heavy and light vehicular equipment.
- 40+ hours per week
- Rotating weekend water/sewer checks
- Must be 18 years of age and have a valid NH-CDL B driver's license with
air brake endorsement.
- 6 – month probationary period
- Pre-employment drug/alcohol screening, physical, criminal background
and DMV checks are a condition of employment.
- Perform other duties as assigned

Application and job description are available on the Town's website at
www.woodstocknh.org, at the Woodstock Town Office at 165 Lost River Road, or
at the Public Works Garage at 459 Daniel Webster Highway.

Applications are to be returned to the Superintendent of Public Works,
Michael Welch, 459 Daniel Webster Highway, PO Box 156, North Woodstock, NH
03262. Applications will be accepted until the position is filled.

The Town of Woodstock is an equal opportunity employer.

TOWN OF THORNTON


HIGHWAY WORKER POSITION
40 HOURS PER WEEK

The Town of Thornton is seeking candidates for one permanent full time
Highway Worker position with the Town of Thornton Highway Department.

Applicants should have a valid NH CDL-B and experience operating heavy
equipment.

This is a full-time position with benefits and is a Labor Grade 5 with an hourly
pay range of \$15.44 to \$21.84 depending on experience.

A full job description and application is available on the Town of Thornton
website

at www.townofthornton.org or at Town Hall.

Please submit your completed application to:

Town of Thornton
Attn: Desiree Mahurin, Acting Town Administrator
16 Merrill Access Road
Thornton, NH 03285

The deadline to submit an application is Monday, October 17, 2022, by 3:00 pm.
The Town of Thornton is an equal opportunity employer.

HELP WANTED



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Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building
Materials Yard Team. The primary responsibility of a Lumberyard Associate
is to maintain customer service per company standards, the accurate and
efficient loading and unloading of all lumberyard related transactions. In
addition, you will be responsible for maintaining the appearance of the
yard and racks in an orderly and clean manner. Forklift experience and
heavy lifting is required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All
applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

▶ Competitive Wages	▶ Paid Vacation	▶ Paid Holidays	▶ Paid Time Off
▶ Health Insurance	▶ Profit Sharing	▶ Store Discounts	▶ 401k

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Valley Hospital**

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Registered Nurse	Environmental Services Technician
RN – OR	Certified Surgical Technician
RN – Med/Surg Charge Nights	Multi-Modality Radiologic Tech
RN Nurse Manager – ED/Med-Surg	Medical Assistant
Endoscopy Technician	Medical Technologist
Physical Therapist	

APPLY ONLINE
WWW.UCVH.ORG
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE



**FIND A CAREER
IN THE CLASSIFIEDS!**

DELTA XC

CONTINUED FROM PAGE A6
stored original Shaker buildings and 4 reconstructed Shaker buildings. Aside from provid-

ing participants with access to nature, races in the series are philanthropic, as 66% of proceeds will benefit the Village with the remainder allocated to Boys and Girls Club in

Suncook. Age graded awards and top 5 overall male and female will be given out at each race. To register for the races on Oct. 15 & 22, visit shakers.org/csvrace.

"We thank Delta Dental so much for sponsoring this race series," added Nolan. In addition to guided tours, the Village interprets Shaker life through exhibits, buildings, gardens, and programs. Canterbury Shaker Village is located at 288 Shaker Rd., Canterbury, just south of Laconia and

north of Concord. To learn more, visit shakers.org. Canterbury Shaker Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.



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or if you wish for more information,

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For more details about this position or any of our positions,
please visit our website, at www.taylorcommunity.org.

We are an equal opportunity employer.

We are a smoke free campus and drug free employer.



Seth McLellan

(603) 630-9968/ taylorcommunity.org